



THE PHYSICIAN'S *Bookshelf*

NINE MONTHS TO GO—Robert McNair Mitchell, M.D., with Ted Klein. J. B. Lippincott Company, East Washington Square, Philadelphia, Pa., 1960. 224 pages, \$3.95.

This instruction book for expectant mothers was conceived by a journalist who does medical writing for laymen and he was assisted in its preparation by a Philadelphia obstetrician. It covers the usual ground, from pregnancy tests to layettes, plus some consideration of the economics of obstetrical care (at least in the Philadelphia area) and also advice about subsequent control of conception. A short appendix presents various religious views on birth control, and another appendix provides answers to what are said to be the fifty questions most often asked by prenatal patients. Not all obstetricians would agree with all the answers but, in the main, the advice and information offered seems sound and up to date.

This little volume tries to take a very practical look at obstetric care but, although well written, does not appear to be superior to several other prenatal guides for laymen. We have been treated to several chatty efforts of this sort since it became obvious that Eastman's "Expectant Motherhood" was beginning to rival the Bible as a best seller, and that the market for such books was practically boundless.

CHAS. E. McLENNAN, M.D.

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PSYCHOPHYSIOLOGIC APPROACH IN MEDICAL PRACTICE—William W. Schottstaedt, M.D., Associate Professor, Department of Preventive Medicine and Public Health, Department of Medicine, and Department of Psychiatry, Neurology and the Behavioral Sciences, The University of Oklahoma Medical Center. The Year Book Publishers, Inc., 200 E. Illinois St., Chicago 11, 1960. 352 pages, \$8.00.

This is not another textbook of psychosomatic medicine or a psychology of the practice of medicine written for non-psychiatric physicians. It is an attempt to define stress in terms of psychophysiological reactions with physical, biological and social parameters and to show how stress works in the etiology of disease processes and how it interferes with healing and restitutive phenomena.

The author clearly shows that stress is an individual matter and that it depends on how an individual evaluates the stimuli impinging on him in terms of his expectations and his past life experiences. His approach is adaptational and not tied to any of the "schools" of psychology. He discusses mental mechanisms as methods for coping with stress and having concomitant physiological expressions which are important in medicine.

The second half of the book deals with interviewing, the doctor-patient relationship and psychological principles of patient management and therapy. Interviewing is presented as a means of identifying and evaluating the stressful life situations which confront a patient. The author emphasizes

the importance of the doctor-patient relationship in helping the patient to cope with his stresses. The forces which the patient brings with him and which tend to disrupt the doctor-patient relationship by activating conflicts and anxieties within the physician are discussed in some detail. Methods for coping with these problems are outlined.

This book is a synthesis of a large body of contemporary literature and will save the student many hours of reading and many more of thinking. For the most part it is easy reading. There are some sections which are somewhat nebulous and with somewhat tenuous connection to other sections of the book. However, this is probably more a reflection of the state of our knowledge than anything else. My overall impression is quite favorable and I recommend this book to medical students and the nonpsychiatric physician.

EDWARD J. KOLLAR, M.D.

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INTRASPINAL TUMORS OF CHILDHOOD—Robert W. Rand, M.D., Ph.D., Assistant Professor of Neurological Surgery, University of California School of Medicine, Los Angeles; and Carl W. Rand, M.D., Emeritus Professor of Neurological Surgery, University of Southern California School of Medicine, Los Angeles. Charles C. Thomas, Publisher, 301 East Lawrence Avenue, Springfield, Ill., 1960. 560 pages, \$16.50.

In this monograph the authors, father and son, have developed an impressive survey of present-day knowledge of the spinal tumors occurring under the age of 15, using their own series of 72 cases as a point of departure rather than as the principal theme of the discussion. As a result, this book has something of value for anyone having occasion to be informed on matters pertaining to the subject, including particularly the neurologist, neurological surgeon, pediatrician, pathologist and radiologist. The general practitioner with a problem or a bent in the direction of the conditions suggested by the title will also find it profitable. The well planned summaries and tables accompanying most of the chapters facilitate its use as a quick and ready basis of review.

The subject matter is divided with the various categories of disease recognized as basically occupying space within the spinal canal and as such affecting the nervous system. Included are seedings from cerebral tumors as well as those spreading from adjacent structures. The granulomas are discussed, though less extensively than the others. The inclusion of instances of protrusion of intervertebral discs into the spinal canal is neat and pertinent.

Written as it is along the classic format with detailed case reports and an informative review of the literature, without pretense at exhaustive completeness, it also makes pleasant reading beyond its scientific value.

EDWIN B. BOLDREY, M.D.